



# October 2025



| Monday                                                                                                                                                                               | Tuesday                                                                                                                  | Wednesday                                                                                                                           | Thursday                                                                                                            | Friday                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <p>For cancellations of home delivered meals, call the Nutrition Office at <b>1-508-324-4619</b>. If you want to cancel a meal, call no later than 10:30 a.m. on the day before.</p> | All Meals include:                                                                                                       | <b>1</b>                                                                                                                            | <b>2</b>                                                                                                            | <b>3</b>                                                                                                                       |
|                                                                                                                                                                                      | Milk:<br>110 Calories<br>125mg Sodium<br>13g Carbs                                                                       | Pork Lo Mein 254<br>Asian Veg Blend 26<br>Snowflake Roll 260<br>Pineapple 1                                                         | Fish Sandwich 252<br>Potato Wedges 27<br>Green Beans 3<br>WW Hamburger Bun 230<br>Diced Peaches 5                   | Meatloaf 131<br>Brown Gravy 105<br>Baked Potato 59<br>Brussels Sprouts 12<br>Multigrain Bread 190<br>Fresh Apple 2             |
|                                                                                                                                                                                      | Margarine:<br>36 Calories<br>47mg Sodium                                                                                 | Total Sodium: 666<br>Calories: 766 Carbs: 107                                                                                       | Total Sodium: 642<br>Calories: 683                                                                                  | Total Sodium: 622<br>Calories: 681 Carbs: 89                                                                                   |
| <b>6</b>                                                                                                                                                                             | <b>7</b>                                                                                                                 | <b>8</b>                                                                                                                            | <b>9</b>                                                                                                            | <b>10</b>                                                                                                                      |
| Teriyaki Chicken 479<br>Pineapple Rice 31<br>Green Beans 3<br>Dinner Roll 210<br>Diced Pears 4                                                                                       | Cheese Omelet 312<br>Scalloped Tomatoes 143<br>Hashbrown Patty 132<br>Snack N Loaf 160<br>Orange Juice 0                 | Turkey Breast 90<br>Rosemary Gravy 117<br>Parsley Mashed Potato 50<br>Butternut Squash 11<br>Multigrain Bread 190<br>Pound Cake 240 | Honey Mustard<br>Chicken 320<br>Parmesan Risotto 155<br>Peas & Carrots 130<br>Oatmeal Bread 80<br>Apples Slices 121 | Catch of the Day 220<br>Margherita Sauce 46<br>Confetti Rice 38<br>Scand Blend Veg 42<br>WW Dinner Roll 210<br>Diced Peaches 5 |
| Total Sodium: 852<br>Calories: 532 Carbs: 68                                                                                                                                         | Total Sodium: 871<br>Calories: 717 Carbs: 85                                                                             | Total Sodium: 823<br>Calories: 810 Carbs: 115                                                                                       | Total Sodium: 940<br>Calories: 567                                                                                  | Total Sodium: 686<br>Calories: 502 Carbs: 71                                                                                   |
| <b>13</b>                                                                                                                                                                            | <b>14</b>                                                                                                                | <b>15</b>                                                                                                                           | <b>16</b>                                                                                                           | <b>17</b>                                                                                                                      |
|                                                                                                                                                                                      | American Chop Suey 254<br>Green Beans 3<br>Multigrain Bread 190<br>Fig Newton 65                                         | Chicken Pot Pie* 631<br>Whipped Potatoes 49<br>Biscuit 310<br>Garlic Green Beans 3<br>Mandarin Oranges 6                            | Vegetarian Chili 214<br>White Rice 31<br>Whole Kernel Corn 1<br>Oatmeal Bread 121<br>Fruit Cocktail 10              | BBQ Cheeseburger 374<br>Swiss Cheese 35<br>Potato Wedges 27<br>Hot German Slaw 81<br>Hamburger Bun 230<br>Fresh Pear 0         |
|                                                                                                                                                                                      | Total Sodium: 595<br>Calories: 644 Carbs: 86                                                                             | Total Sodium: 1125<br>Calories: 1101 Carbs: 130                                                                                     | Total Sodium: 503<br>Calories: 679                                                                                  | Total Sodium: 872<br>Calories: 782 Carbs: 76                                                                                   |
| <b>NO MEALS SERVED</b>                                                                                                                                                               |                                                                                                                          |                                                                                                                                     |                                                                                                                     |                                                                                                                                |
| <b>20</b>                                                                                                                                                                            | <b>21</b>                                                                                                                | <b>22</b>                                                                                                                           | <b>23</b>                                                                                                           | <b>Na 24</b>                                                                                                                   |
| Chicken Corn Stew 307<br>Broccoli 12<br>Oatmeal Bread 121<br>Mixed Fruit 10                                                                                                          | Meatballs 244<br>Hawaiian Sauce 98<br>Egg Noodles 30<br>Mixed Vegetables 41<br>Snowflake Roll 260<br>Pineapple Tidbits 1 | Pork Roast 71<br>Apple Cider Gravy 105<br>Yukon Gold Potatoes 59<br>Glazed Carrots 83<br>WW Roll 160<br>Fruit Cocktail 10           | Macaroni & Cheese* 588<br>Scalloped Tomatoes 143<br>Snack N Loaf 160<br>Tropical Fruit 10                           | Chicken Mozambique 449<br>Au Gratin Potatoes 172<br>Fall Blend Veg 15<br>Dinner Roll 210<br>Lorna Doones 85                    |
| Total Sodium: 575<br>Calories: 517 Carbs: 61                                                                                                                                         | Total Sodium: 799<br>Calories: 791 Carbs: 102                                                                            | Total Sodium: 613<br>Calories: 668 Carbs: 79                                                                                        | Total Sodium: 1026<br>Calories: 799                                                                                 | Total Sodium: 1056<br>Calories: 654 Carbs: 73                                                                                  |
| <b>27</b>                                                                                                                                                                            | <b>28</b>                                                                                                                | <b>29</b>                                                                                                                           | <b>30</b>                                                                                                           | <b>31</b>                                                                                                                      |
| Shepherd's Pie 261<br>Mixed Vegetables 41<br>Wheat Roll 160<br>Diced Pears 4                                                                                                         | Turkey Divan 375<br>Red Bliss Potatoes 15<br>Oatmeal Bread 121<br>Diced Peaches 5                                        | Chicken Fajitas 275<br>Rice & Beans 31<br>Peppers & Onions 3<br>Tortilla 236<br>Pineapple 1                                         | Cheese Lasagna Roll 414<br>Tomato Basil Sauce 55<br>Green Beans 3<br>Wheat Dinner Roll 160<br>Birthday Cake 209     | Hot Dog* 540<br>Baked Beans 37<br>Broccoli 12<br>Hot Dog Bun 210<br>Mustard 55<br>Sugar Cookie 55                              |
| Total Sodium: 592<br>Calories: 743 Carbs: 105                                                                                                                                        | Total Sodium: 641<br>Calories: 579 Carbs: 66                                                                             | Total Sodium: 671<br>Calories: 603 Carbs: 80                                                                                        | Total Sodium: 966<br>Calories: 642                                                                                  | Total Sodium: 1035<br>Calories: 759 Carbs: 82                                                                                  |

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium

Please inform Bristol Aging and Wellness if you have any food allergies.

**Menu is subject to change without notice.**

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.

Heating Instructions: Peel corners of cover or cut small holes, microwave 3-5 minutes or heat in oven at 350F on cookie sheet for 15-20 minutes. For safety, heat meals to 165F. DO NOT USE TOASTER OVEN